

VEGETABLES

Cabbage Rice/Noodle Alternative

½ - 1 head of cabbage finely chopped into rice sized or noodle size pieces

Your choice of spices

1 cup chicken, vegetable broth or water

*** Mexican rice style**

1 cup chicken or vegetable broth

2 tablespoons minced onion

1 clove of garlic crushed and minced

¼ teaspoon Mexican oregano

¼ teaspoon cayenne pepper or to taste

Dash of cumin to taste

Fresh chopped cilantro

Salt and pepper to taste

*** Italian style**

1 cup chicken or vegetable broth

¼ teaspoon fresh or dried oregano

¼ teaspoon dried basil or 5 leaves fresh basil rolled and sliced

2 tablespoons minced onion

1 clove garlic crushed and minced

Salt and pepper to taste

*** Indian style**

½ teaspoon curry

2 tablespoons minced onion

1 clove garlic crushed and minced

¼ teaspoon cumin

Salt and pepper to taste

*** Oriental style**

½ teaspoon ginger

3 tablespoons Bragg's liquid aminos

2 tablespoons lemon juice

3 tablespoons orange juice (optional)

2 tablespoons chopped onion

1 clove garlic crushed and minced

In a large frying pan sauté cabbage with a little water (vegetable or chicken

broth may be substituted) and liquid ingredients. Add spices and cook until

cabbage is tender adding water as necessary. Add ground beef or chicken to the spiced cabbage if desired.

Makes 2 or more servings (1 vegetable)

Garlic and Onion Spiced Chard

4-6 cups swiss or red chard

1 tablespoon apple cider vinegar
½ cup vegetable, chicken broth or water
4 tablespoons lemon juice to taste
6 cloves of garlic chopped
2 tablespoons chopped onion
½ teaspoon garlic powder
Salt and pepper to taste

In a frying pan add chard, water, onion, garlic and spices to the water and liquid ingredients and sauté for 5 minutes or to desired level of doneness. Sprinkle with lemon and salt and pepper to taste.

Makes 1-2 servings (1 vegetable)

Cold Chicory Salad

Chopped fresh chicory
2 teaspoons apple cider vinegar
1 tablespoon Bragg's liquid aminos
1 tablespoon lemon juice
Salt and pepper to taste

Chop chicory very fine. Stir in apple cider vinegar and lemon juice. Add salt and fresh ground black pepper to taste. Enjoy as a side dish or cool salad. Phase 2 variations: Add tomatoes and chopped fresh mint or mix in a little orange juice. Add finely minced red onion and garlic or chopped apple and stevia.

Makes 1 serving (1 vegetable)

Phase 3 modifications: Add a little olive, walnut, or hazelnut oil. Sprinkle with 1 tablespoon chopped walnuts and feta cheese.

Caramelized Onion Garnish

½ large onion cut into fine rings
4 tablespoons lemon juice
Vanilla stevia to taste
Small amount of water as needed
Pinch of salt

Preheat skillet. Add small amount of water to bottom of pan and add lemon juice and stevia. Add onion rings and stevia and cook quickly periodically deglazing the pan with a little more water to create a sweet caramel sauce.

Serve immediately over steak or chicken. Spoon any remaining sauce created by deglazing over the top. Can be served chilled and added as a topping to salads.

Makes 4 servings

Savory Baked Red Onion Garnish

½ red onion cut into rings
¼ cup apple cider vinegar
2 tablespoons lemon juice

1 bay leaf or pinch of bay leaf powder
1 clove garlic crushed and minced
Pinch of dried basil and oregano (optional)
Salt and pepper to taste
Small amount of water

Put onion in a baking dish with apple cider vinegar, water, and spices. Bake at 375 for 10 minutes. Serve hot over beef or chicken or chill and add to salads. Can also be sautéed in a small frying pan deglazing periodically.

Phase 2 variations: substitute a sprinkle of rosemary, tarragon or dill instead of other spices. Or sprinkle with organic poultry seasoning.

Makes 4 servings

Phase 3 modifications: Brush with olive oil before baking or sauté with browned butter and spices. Top with fresh grated parmesan or Romano cheese. Try baked, topped with a slice of provolone or mozzarella cheese.

Garlic Spinach

Spinach

½ cup chicken broth or water
2 tablespoons lemon juice
2 tablespoons minced onion
2 cloves garlic crushed and minced
¼ teaspoon onion powder
Pinch red pepper flakes

Sauté the onion and garlic lightly in frying pan with a little water and lemon juice until soft. Add fresh garlic and spices. Stir in fresh spinach leaves and cook lightly. Serve with your favorite chicken or fish dish.

Makes 1-2 servings (1 vegetable)

Saffron Cabbage

Chopped cabbage (½ head)
1 cup chicken broth or water
2 tablespoons onion finely chopped
1 clove garlic crushed and minced
Pinch of saffron powder or threads softened in water and made into a paste.
1/8 teaspoon turmeric
Dash of mustard powder
Salt and pepper to taste

In a large frying pan, heat chicken broth and spices. Add cabbage and cover pan with a lid. Cook cabbage until tender adding water if necessary to keep from burning and coating with the spice mixture. Serve hot with chicken or chilled for a cool salad.

Makes 1-2 servings (1 vegetable)

Radish Relish

6-7 large red radishes
3 tablespoons of apple cider vinegar

Dash of garlic powder

Dash of onion powder

Salt and pepper to taste

Stevia to taste (optional)

Combine liquid ingredients with powdered spices. Finely dice radishes and marinate in liquid mixture for 1-3 hours or overnight. Use as a topping on your protein servings or as a side dish.

Makes 1-2 servings (1 vegetable)

Indian Spiced Spinach

Spinach

2 tablespoons minced onion

¼ cup chicken broth or water

1/8 teaspoon cumin

1/8 teaspoon paprika

1/8 teaspoon turmeric

Pinch of fresh grated ginger

Pinch of ground coriander

Salt and pepper to taste

Sauté spices in chicken broth with onion. Add spinach and stir gently until cooked. (substitute ¼ teaspoon garam masala for dry spices) Variations: add chicken or shrimp.

Makes 1-2 servings (1 vegetable)

Phase 3 modifications: Add melted butter or ghee. Stir in chunks of paneer cheese to make palak paneer, a traditional Indian dish.

Baked Celery

Celery

½ cup beef, chicken broth, or water

2 tablespoons lemon juice

2 tablespoons Bragg's liquid aminos

2 tablespoons chopped onions

1 clove fresh chopped garlic

1 bay leaf

Pinch of red pepper flakes

Paprika to taste

Salt and pepper to taste

Chop up celery into sticks and arrange in a baking dish. Dissolve spices in liquid ingredients and pour over the celery. Bake in 375 degree oven in until soft and lightly brown on top. Serve with the juices and sprinkle with paprika. Add salt and pepper to taste.

Makes 1-2 servings (1 vegetable)

Chilled Tomato Salad

Chopped tomatoes

¼ cup apple cider vinegar
1 tablespoon green onion sliced
1 garlic clove crushed and minced
Dash of mustard powder
¼ teaspoon basil
1/8 teaspoon thyme
1/8 teaspoon marjoram
Salt and pepper to taste

Combine apple cider vinegar with spices. Pour over tomato chunks or slices. Marinate and chill for 1 hour before serving.

Makes 2 servings (1 vegetable)

Phase 3 modifications: Add olive oil or mayonnaise, mix in small slices of Swiss or crumbled feta cheese and sliced green olives.

Grilled Asparagus with Rosemary Lemon Sauce

Asparagus

Juice of ½ lemon with rind
1 tablespoon Bragg's liquid aminos
1 clove garlic crushed and minced
¼ teaspoon rosemary
Dash of garlic powder
Dash of onion powder
Salt and pepper to taste
Cayenne pepper to taste

Marinate asparagus in lemon, garlic, salt, cayenne pepper and Braggs.

Steam or grill asparagus spears to desired level of doneness. In a small saucepan place remaining lemon marinade along with lemon rind, ½ cup water, spices and cook until pulp starts to come out. You may add a little stevia if you wish for added sweetness. Reduce liquid by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and salt and pepper to taste.

Makes 1 serving (1 vegetable)

Pickled Beet Greens

Beet greens
¼ cup apple cider vinegar
1 tablespoon lemon juice
1 tablespoon Bragg's amino acids
1 clove garlic crushed and sliced
2 tablespoons minced onion
¼ teaspoon red pepper flakes or to taste
Salt and pepper to taste
Stevia to taste (optional)

Combine liquid ingredients and spices. Pour over beet greens and cook for 5-10 minutes stirring occasionally to mix spices. Add water as necessary.

Serve hot or cold.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Add 2 tablespoons of crumbled bacon to the greens for added flavor.

Roasted Fruit and Vegetable Kabobs

1 apple cut into large chunks

¼ onion cut into 1 inch petals

1 tomato cut into chunks

1 tablespoon apple cider vinegar

1 tablespoon lemon juice

½ teaspoon crushed mint leaves

½ teaspoon crushed cilantro leaves

Pinch of allspice

Stevia to taste

Marinate fruit and vegetables in lemon juice and vinegar with stevia and spices in the refrigerator for 20 minutes or more. Soak wooden skewers in water for five minutes. Layer chopped apple, onion petals, and tomato alternately on to skewers.

Place on grill for 5-8 minutes or until desired level of doneness. Top with herbs and serve with lemon wedges.

Makes 1 serving (1 fruit, 1 vegetable)

Hot Pickled Red Cabbage

Red cabbage

1 apple diced

½ cup apple cider vinegar

¼ cup water

2 tablespoons Bragg's liquid aminos

2 tablespoons chopped red onion

1 clove garlic crushed and minced

A pinch of red pepper flakes

Salt and pepper to taste

Slow cook cabbage and apples in water, apple cider vinegar. Add spices and chopped onion, and garlic, and stevia. Add salt and pepper to taste. Serve hot or cold.

Makes 2 serving (1 vegetable, 1 fruit)

Hot Peppered Chicory

Chicory

Salt and pepper to taste

2 tablespoons lemon juice

¼ cup vegetable broth or water

Mince the chicory. In a small saucepan add chicory to broth and add lemon juice, salt and pepper. Cook for 3-5 minutes and serve hot.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Add a little butter or olive oil or omit the lemon juice and add a small amount of half and half or cream cheese. Top with grated parmesan cheese or mix in crumbled feta cheese.

Fennel with Herbs

Fennel bulbs

½ cup vegetable broth or water.

2 tablespoons lemon juice

Your choice of marinade or dressing

Thoroughly wash and trim fresh fennel. Cook the fennel for several minutes in a little water or vegetable broth adding pepper, lemon, salt and fresh or dried herbs. Try Italian style or toss with Spicy Cajun or Dill Dressing.

Cook until the bulb portion is tender and delicious. Fennel may also be grilled on the barbeque.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Drizzle with melted butter or olive oil. Fennel has a slight licorice taste and goes well with fish.

Herbed Asparagus

Generous serving of Asparagus

½ cup vegetable, chicken broth, or water

2 tablespoons lemon juice

1 clove of garlic crushed and minced

1 tablespoon minced onion

1 teaspoon organic Italian herb mix

Water as needed

Lightly sauté chopped onion, garlic and herbs in the chicken broth for about one minute. Add the asparagus and cook until tender. Top with herbed sauce (add a little powdered garlic and onion for a thicker sauce). Garnish with parsley and lemon wedges.

Makes 1 or more servings (1 vegetable)

Phase 3 modifications: Add a splash of white wine. Stir in cold cubes of butter whisking gently to create a butter sauce or omit the lemon juice and stir in ¼ cup cream or half and half. Add a few capers and top with fresh herbs.

Roasted Tomato with Onion

4 thin whole slices of onion

4 thick cut tomato slices

1-2 cloves of garlic sliced

2 leaves fresh basil rolled and sliced

Sprinkle of dried or fresh oregano

Salt and black pepper to taste

Stevia to taste (optional)

Squeeze of lemon juice

Lay out slices of onion rings intact. Salt and pepper the onion and sprinkle with lemon juice. Lay a few slices of basil and garlic on top of the onion. Top onion slices with a slice of tomato. Top the tomato with remaining basil and garlic. Bake at 375 for 10-15 minutes or until desired level of doneness. Sprinkle with lemon juice and salt and pepper to taste.

Makes 4 servings (1 vegetable)

Spiced Beet Greens

Beet greens

¼ cup chicken broth or water

4 tablespoons lemon juice

2 cloves of garlic crushed and minced

¼ teaspoon paprika

Pinch of cumin

Pinch of lemon zest

Salt and pepper to taste

Combine spices in liquid ingredients. Lightly sauté beet greens in spice mixture. Serve hot and garnish with lemon and fresh ground black pepper.

Phase 3 modifications: Top with 1 tablespoon of crushed pecans.

Chilled Pesto Tomato Salad

2 medium tomatoes or 3 Roma tomatoes sliced.

3 leaves of fresh basil rolled and sliced

Savory red onion or caramelized onion garnish

1-2 cloves of garlic minced

2 tablespoons lemon juice

2 tablespoons caper juice

1 tablespoon of apple cider vinegar

Toss fresh tomatoes with spices and vinegar and coat completely. Marinate for at least 1 hour. Top with onion garnish and serve.

1-2 servings (1 vegetable or fruit)

Phase 3 modifications: Layer sliced tomatoes with fresh mozzarella cheese to make a Caprese salad. Brush with olive oil.